

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – Aug 2011

Does a new accession require a PHA prior to participating in a PFA, command/unit PT or FEP? ...No. SECNAVINST 6120.3 states that members within one-year of medical in-processing only require a PHA during the birth month following the first year of service. In this situation the member is authorized to participate in PFAs, command/unit PT and FEP as long as they are properly cleared through the remaining PFA medical clearance process. For example: A member is medically in-processed in Dec 2010 and their birth month is Nov. After their 1 year anniversary in the service a PHA will be not be required until Nov 2012.

Are medical waivers retroactive with the new Medical Waiver Policy?... No. Only if the member is going to be granted a waiver dated after 1 July 11. Additionally not all members with medical waivers will be MEB eligible. If the member was able to participate in the BCA, cardio and the curl-ups or push-ups, the MEB is not required.

No more sanctuary!... Members who have served 18 years or more of service are no longer exempted from Administrative Separation (ADSEP) if they have acquired 3 or more PFA failures in the most recent 4-year period. Members with Fleet Reserve dates prior to 30 June 11, are grandfathered and are not in jeopardy of ADSEP. There are also new rules for members with 20 years or more of service. Read MPM 1910-170 for more details.

Are socks required when wearing minimalist footwear with the PTU?...Yes. Socks are always required, per uniform regulations.

The PARFQ has a new look and is now an official Navy form...The official form name is NAVMED 6110/3, Physical Activity Risk Factor Questionnaire (PARFQ) and is available in Guide 13 and in PRIMS.

SF600 Overprint forms (PRIMS medical waiver form) are no longer authorized!...All waivers must be granted on the newly developed NAVMED 6110/4, Physical Fitness Assessment Medical Waiver/Clearance Form. This form is also available in Guide 13.

Page 13s and Letter of Notification (LON) now includes a nutrition requirement... Members failing CYCLE 2, 2011 and subsequent PFAs are now required to acknowledge the nutrition options available to them.

Tip of the Month!

Hydrate! Hydrate! Hydrate!